

SENIOR ADULT ADVISORY COUNCIL  
100 Dexter Avenue North  
Seattle, Washington 98109  
**CHANGE SERVICE REQUESTED**

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U.S. POSTAGE  
**PAID**  
SEATTLE, WA.  
PERMIT NO. 900

# Senior Adult Programs

**It's 'TIME' once again to update the  
Senior Adult Programs brochure mailing list.**

If you'd like to continue to receive the Seattle Parks and Recreation Department, Senior Adult Programs brochure, please do one of the following:

- 1) Call the Senior Adult Programs Office,  
(206) 684-4951 OR
- 2) Mail in the form on the inside of this page.

To remain on our mailing list –  
you must contact our office by  
phone or mail ( even if you've  
recently called in to be added ).

Do you have a friend who'd like to  
get active and participate in our  
program? Have them call us !

Thank You

April 4 – June 17

Spring 2005



# SENIOR ADULT PROGRAMS

## MAILING LIST INFORMATION

Seattle Parks & Recreation Department  
Attn: Linda  
Senior Adult Programs  
8061 Densmore Avenue North  
Seattle, WA 98103

**YES !!! Please add my name to the Senior Adult mailing list to receive future program brochures.**

( Please PRINT and use Black or Blue Pen – Thank You )

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NAME

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ADDRESS

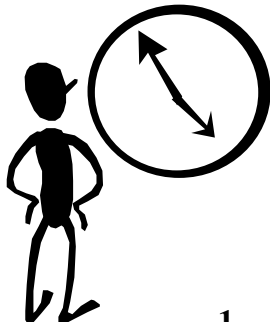
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CITY

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ZIP CODE

If you have a friend who'd like to get active and participate in our program, have them give us a call too!



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**REMEMBER:** To continue to receive the Senior Adult Program brochure ( even if you were recently added) – you will need to either call the Senior Adult Programs Office at (206) 684-4951 OR mail in this form.

**Thank You!**

As the Senior Adult Programs are in their 31st year of operation, we invite you to enjoy recreational activities offered citywide. If you would like to help other like-minded citizens and the professional staff of the Senior Adult Programs, you are invited to join the advisory council. The council meets the 2nd Monday of each month. For information on the advisory council, please call the Senior Adult Office at 206-684-4951. We would like to thank the following members for their support: *Val Burgess, Mary Denney, Bernice Green, Connie Horner, Cecelia Kelly, Wayne Metsker, Wally Meyers,*

### REFUND POLICY



It is the policy of the Seattle Department of Parks and Recreation and the Associated Recreation Council that any person who registers for a class, special event or program that is cancelled for any reason by the Department or the Advisory Council will receive a full refund. Any person who registers for a class, trip, special event, or facility rental, and who requests a refund within 14 days of its start (or before the second session of a class) may receive a refund minus a service charge. Any person who registers for a class, trip, special event, or facility rental and who withdraws from the activity fewer than 14 days before its start (or before the second session of class) will receive no refund.

### INCLEMENT WEATHER POLICY



If the Seattle Public Schools are closed, ALL senior programs are cancelled. For further information due to inclement weather, call the Senior Adult Programs office at 684-4951 prior to venturing out.

### EXERCISE REIMBURSEMENT NOTICE

Some health insurance companies will reduce premiums with proof of enrollment in an exercise class – be sure to ask for a receipt!!!



### FINANCIAL ASSISTANCE

Scholarships are available on a limited basis. Applications may be obtained by calling 684-4951. *Applications must be turned in prior to the first day of the quarter.*

### FEES AND CHARGES

The programs and activities listed in this brochure are provided by the Senior Adult Advisory Council under an agreement with the Department of Parks and Recreation. Fees collected by the Advisory Council are used to partially offset the cost of these programs. The program fees listed here include a 10% fee which is paid to the Department of Parks and Recreation. The Department uses these funds to defray the overall operation expenses. Class/program fees listed in this brochure include sales tax where applicable in accordance with current provisions of the State tax code enacted by the State Legislature.

**PLEASE NOTE: Class / Trip times/destinations are subject to change.**

As a matter of policy, law and commitment, the Seattle Parks & Recreation Department does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental or physical handicap. (Seattle Municipal Code 18.12.280.)

**Persons With Disabilities:** Reasonable accommodations will be made on request for persons with disabilities. If you need sign language interpretation, auxiliary aids or other accommodations, please call 684-4951 or (TDD only, 684-4950). **If possible, please allow ten working days advance notice for sign language interpretation or auxiliary aids.** If a class or activity is scheduled in an area that is not barrier free for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

### PROFESSIONAL STAFF

**Ken Bounds** - Superintendent  
**Kathie Huus** – Manager, Special Units  
**David Jensen** – Manager, Special Populations  
**Linda Guzzo** - Administrative Specialist I

### RECREATION STAFF

**Anna Allen** - Recreation Specialist  
**Cheryl Brown** - Recreation Specialist  
**Mary Dalzell** – Recreation Specialist  
**Jayla McGill** - Recreation Specialist  
**Tim Pretare** – Recreation Specialist  
**Stacie Sheridan** - Recreation Specialist  
**Angela P. Smith** - Recreation Specialist

## Citywide Special Events & Programs

### **NORTHWEST CHAMBER ORCHESTRA**

Join us this spring for another season at the Illsley Ball Nordstrom Hall at Benaroya Hall (located at 3rd & Union). Enjoy your choice of musical performances.

No Transportation Provided.

**A Seattle Parks & Recreation volunteer will meet you inside the theater at the bottom of the stairs.**

#### **Sunday, April 10                      Chopin Extravaganza**

Joseph Solverstein, conductor / Craig Sheppard, piano

Chopin – Piano Concerto No. 1 in e minor, Op. 11

Chopin – Piano Concerto No. 2 in f minor, Op. 21



#### **Sunday, May 15                      English Eccentrics (and the Eroica!)**

Joseph Solverstein, conductor

David Owen Norris, piano

Lambert – Risor Piano Concerto

J.C. Bach/Mozart – Concerto for Piano

BeethovenSymphony No. 3 in E-flat Major

**Registration begins March 21st at 8:00 am by calling 684-4951.** Cost for each performance is \$15.00.

Please make checks payable to: Senior Adult Programs, 8061 Densmore Ave. N., Seattle, WA 98103.

**Checks should be received BY:**

**April 5th for Chopin / May 10th for English Eccentrics**

### **Arthritis & You: Community Health Forum**

**May 24 (Tuesday) 10 – 12 noon FREE**

A panel of Group Health experts provides information on various forms of arthritis, recommended treatments, medication updates, and more. Speakers include:

Fred Heidrich, MD, Family Practice; John Eggert, MD, Rheumatology, and Charles F. Jung, MD, orthopedics.

The forum will be held in the Chapel at The Hearthstone ( 6720 Green Lake Wy North).

Reservations are recommended. Call the Group Health Resource Line at (206) 326-2800 to reserve a spot and find out more about parking options.

### **FRAGRANCE FREE COURTESY**

**During Senior Adult Programs / Trips, please refrain from the use of any Men's or Women's scented personal care products as a courtesy to those who experience chemical sensitivities.**

*Thank You.*

### **SENIOR DAY AT THE AQUARIUM**

May 15 (Sunday) 10:00 – 2:00 pm Free

Enjoy lunch and walk through our world class aquarium at the 6th annual Senior Day at the Aquarium.

Admission and box lunch are free.

**Transportation is not provided.**

The Aquarium is located at 1483 Alaskan Way.

Parking is limited; call Metro, 206-533-3000, for bus information.

Please note: Registration is required. Call 684-4951 to register starting at 8:00 am on April 11th and ending at 4:00 pm on May 2nd on a first call – first serve basis.

Space is limited – so we'll take reservations until we're full – even if it's before the cut-off date.

### **GREATER SEATTLE SENIOR GAMES**

**Grab life and go... Get in the games!**

**June 24, 25, & 26**

Garfield Community Center Campus

#### **Mark your calendars!**

The Greater Seattle Senior Games gives older adults, age 50+, the opportunity to participate in a social, competitive, recreational, and athletic event. The goal is to promote an interest in lifetime sports, recreation, and physical activities which helps to maintain and improve health and wellness.

### **SOUND STEPS**



Take up walking for better fitness! If you are age 50 or over, then Sound Steps is for you. This FREE program offers a fun, safe way to get moving and begin or continue a walking program. Earn a pedometer by recording your steps or pace! Attend free health seminars and socials to connect with other walkers! Take advantage of walking programs offered throughout the city (see brochure for times and dates).

Registration is simple: Call the Senior Adult Programs office to receive a packet in the mail. 206-684-4951

**Call for Volunteers!** Interested in being a walk leader?

Want to help out with seminars and socials? If you would like to help with any aspect of Sound Steps, please contact Anna Allen at 206-684-4951.

**Please visit our new and improved web site for**

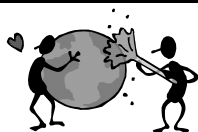


**Senior Adult Programs at:**

**[www.seattle.gov/parks/seniors/index.htm](http://www.seattle.gov/parks/seniors/index.htm)**

# Citywide Special Events & Programs

**Celebrate Earth Day with events offered throughout the City. See individual programs listed in each sector for more details.**



## HEE HAW HOEDOWN



**\$7.00**

Join us for a heel-stomping, knee-slapping good time. You don't need a partner, just wear your best western duds and join us for a great BBQ with all the fixins'. Pre-registration for event/van ride at 386-9106 and payment of fee due by April 8th.  
May 31 (Tue) 10:30-1:30pm Ballard

## LAWN BOWLING

**Free**

Keep active and bowl outdoors on manicured greens. Come and try it for fun! Be sure to wear flat-soled shoes. Bowls provided at the Club House. Sign-up, call in, or drop by. For an introduction to this fun game contact one of the Bowling Clubs listed below:

**Jefferson Park Lawn Bowl**  
(206) 762-2490



**4103 Beacon Avenue South**  
( west of Jefferson Golf Club House )

**Woodland Park Lawn Bowl**  
(206) 782-1515

**6018 Whitman North**  
( near 58th & Aurora Avenue )

## CO-ED SOFTBALL



Dust off those mitts!! Gather with friends in this recreational program. Good exercise and lots of fun! Looking for players, particularly women, for an Over-55 Co-Ed Slow Pitch Softball team in Seattle. Experience desired, but not mandatory. Practices start in March/April and the season runs until early August. Games played throughout King County with home games at Lower Woodland Park. If interested, please contact Larry Kirchner at 206-932-0188 for more details.



## LEARN TO SAIL: Senior Adults

A great opportunity to learn how to sail in our stable, fun one-person Topper sailboats on Green Lake. Experience capsizing during the first class, so towels and extra clothes are recommended! Program geared toward active older adults; 55 years and older. Call 684-4074 for further information on dates, times, fees.

**PERFORMING ARTS GROUP**  
**Langston Hughes**  
**Performing Arts Center**  
**104 -17th Avenue South**



**For information call: 206-684-4240**

Adults interested in any aspect of theatrical production and performance should attend this meeting! No experience necessary!! An opportunity to live your dream of being a part of a theater group. Don't miss out on the chance of a lifetime! Includes the following:

*Acting - Directing - Script Writing - Storyboard -  
Drawing - Musical Performance - Staging -  
Production - Comedy*

## Senior Adult Theater presents "But Wait, There's More..."

An original drama created by senior adults to show people of all ages the stories of real people and their real lives. Laugh and cry with us as a dozen senior adults look at the challenges of aging through our own stories, our own words. Lots of fun and music as we realize our lives are full of new possibilities; but wait, there's more!

* Tuesday March 15	1:30 pm
Thursday March 17	1:30 pm - Opening
Sunday March 20	3:00 pm
Tuesday March 22	7:00 pm - Evening
Thursday March 24	1:30 pm
Tuesday, March 29	7:00 pm - Evening
Thursday, March 31	1:30 pm - Closing

*\*Dress rehearsal, tickets half price!\**

## Ticket prices for shows:

\$5 for Senior Adults (55+) and Youth (under 18)

\$7 for Adults

\$3 each, for groups of 10 or more

Individual tickets sold at the door. For group tickets call 206-684-4240 for a reservation.

## "Seniors Training Seniors In Computer Basics"



Learn computer basics and more in small classes totaling 8 hours of training. Average cost for classes is \$15.00. This program is sponsored by the Seattle Human Services Department and the Mayor's Office for Senior Citizens. Class topics include: Intro to Computer Basics & E-mail, File Management Work, Excel, and Photo Editing. Call 206-684-0639 to **pre-register**.

# South East

## SE - REGISTRATION INFORMATION

### CLASSES / SPECIAL EVENTS

Angela P. Smith -Recreation Specialist, CTRS

(206) 684-7484

e-mail: Angelap.smith@seattle.gov

**Spring Quarter Dates:** April 4- June 17

**No Classes:** May 30

**Make ups:** We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor you're making up the class.

**SE Class Registration:** Class registrations begins March 21st at 8 am by phone, mail, or using the form in the back of the brochure. Class dates/times are subject to change.

**Trips are phone-in registration only.**

**All Class Payments:** checks payable to: "Senior Adult Advisory Council", and mail to *Sr. Programs, Attention: Angela, Jefferson CC, 3801 Beacon Ave. South, Seattle-98108:*

#### South Division Sites:

Jefferson CC.....3801 Beacon Ave. S.

Rainier CC.....4600 – 38th Ave S.

Rainier Beach Complex ..... 8825 Rainier Ave. S.

Van Asselt CC..... 2820 S. Myrtle St.

## Aerobics and Fitness

### SENIOR AEROBICS \$20.00

Time to re-energize, put a spring in your step, and feel better. Our classes are taught by certified instructors.

J. Inouye Mon 8:30-9:30 am Jefferson

J. Shearer Wed 8:45-9:45 am Jefferson

### T'AI CHI CHIH®, Joy Through Movement \$25.00

These gentle movements reduce stress, energize the body and mind, improve balance, strength, and more.

L. Robinson Mon 10:30-11:30 pm Jefferson

### Arthritis Exercise (PACE) \$25.00

PACE = People With Arthritis Can Exercise, class includes range of motion, strengthening and much more.

A. Smith Thurs 10:00-11:00 am Jefferson

### FITNESS FOR LIFE \$20.00

1-hour session includes dyna bands, stretching, use of weights, and more. Bring small weights.

Z. Hachiya Thurs 8:15-9:15 am Jefferson

### CIRCUIT TRAINING \$25.00

Gain muscle strength, increase your endurance, all at the same time. Great for overall conditioning and fitness!

A. Smith Thurs 1:15-2:15 pm Rainier

## Dancing

### LINE DANCING \$20.00

Get on that dance floor and move to the music! Great for the body & soul! No experience or partner needed.

L. Reese Fri 8:30-9:30 am Jefferson

### EVENING LINE DANCING \$20.00

Evening dance class for a the working class senior. No partner needed. It is fun, easy, and great exercise.

M. Diederich Mon 6:30 – 7:30 pm Rainier

## Sports & Games

### GOLF: BEG & INTER \$35/5-sessions

Instruction on fundamentals, etiquette, and conditioning.

Equipment provided upon request. **Starts April 23rd.**

M. Thompson Sat 10:00-11:00 am Jefferson

### TENNIS: BEG & INTER \$35/5-sessions

Learning or brush up on the basics of tennis - serving, rallying, and more. **Starts May 24 th**

Tuesday 10:00-11:30 am Jefferson

Thursday 1:00-2:30 pm Rainier

### BADMINTON Free

All levels of play invited. Come join in the fun!

Thursdays 10:00-12:00 pm Jefferson

### DROP-IN TABLE TENNIS Free

Competitive or not, all challenges welcome.

T/W/TH 11:00-3:00 pm Rainier

### PICKLEBALL Free

A terrific game. Fun and exercise in one great package!

M / W / F 11:00-2:00 pm Van Asselt

T / Th 10:00-12 noon Rainier

T (Advanced) 10:00-1:00 pm Rainier

Th 10:00-1:00 pm Jefferson

## Summer Planning Meeting

Share your ideas and suggestions for a great Summer quarter. We need your input on all activities, trips, walks, workshops, crafts, and guest speakers.

April 8 (Fri) 9:45 am Jefferson

## Lunch Club

### MOVIES & LUNCH \$5.00 Each

Good movies and lunch hosted at **Jefferson** Community center. **Registration required, call 684-7484.**

**Mondays 10:15–1:00 pm Jefferson**

Apr 25 ..... Fahrenheit 9/11

June 6..... The Stepford Wife

## Helping Hands

### KUBOTA GARDENS WORK PARTY **Free**

Simple 1 hour non-strenuous work and socialization. Bring a sack lunch, we provide drinks and a treat. Pre-registration required.

May 18 (Wed) 10:00 – 12:30 pm

### P-PATCH GARDENS

Are you interested in a P-Patch garden plot of your own in SE Seattle? Grow your own produce, flowers, and herbs. Group will start planning & planting this spring. Call 684-7484 for information and to register.

## Walking Groups & Hike

### SOUND STEPS **Free**

A fun, safe year-round group walking program. Earn a pedometer, attend health seminars & more.

Wednesdays 10:00 am Jefferson

Thursdays 9:00 am Rainier

### FRINK PARK **\$3.00**

Wander through the park taking in the views and celebrate the work the Friends of Frink have completed.

June 1 (Wed) 10:00 – 12:00 pm

## Cooking

Guest chefs and community members share their favorite recipes. Come and join us for a tasteful meal. **Each class \$7.00. Early registration appreciated.**

April 18 (Mon) 10:30-12:30 pm Jefferson

May 23 (Mon) 10:30-12:30 pm Jefferson

## Workshop / Speakers

### ESTATE PLANNING

Does your Will need updating? Find out how to maximize tax exemptions, avoid intestate or probate, prepare in case of incapacity, and much more. Snacks provided.

Apr 14 (Thur) 11:00 am Jefferson

### DISASTER PREPAREDNESS **Free**

The **American Red Cross** wants to prepare you, your family and our community for any disaster. What to do in each type of disaster and essentials in a supply kit.

May 4 (Wed) 1:30 pm Rainier Beach

## Special Events

**REGISTRATION REQUIRED FOR EACH SPECIAL EVENT: Call 684-7484**

### AQUATIC FROLIC & POTLUCK **Free**

Interested in water fitness? Receive a free swim pass to try the class of your choice. Potluck lunch as we mingle over live Jazz Music.

April 6 (Wed) Rainier Beach

## CINCO DE MAYO

**\$3.00/Donation**

We are the special guests at **El Centro De La Raza** experience this exciting Mexican holiday. Traditional meal, music, and the Lortoria (Mexican/Spanish) bingo! Limited space available. Transportation provided.

May 5 (Thurs) 10:45 – 1:00 pm

### SENIOR GATHERING **Free**

Food, fun, and door prizes. Usually held the **4th Wednesday** each month (dates / times subject to change due to special events with community partners).

**Limited transportation** provided by reservation.

Apr 20..... 10:30-12:30 pm Center Park

May 20 (Fri) ... 10:30-12:30 pm Seattle Center

June 22 10:30-12:30 pm Emerald City O.M.

## Intergenerational Special Event

### PASS IT ON **Free**

Multi-generational exchange of talent and activities; dancing, singing, poetry from one generation to the next.

Apr 14 (Thurs) 1 :00-3:00 pm Rainier Beach

## Free Blood Pressure Checks

Services provided by Seattle University Nursing students. Call Angela, 684-7484, for times and days.

Wednesdays 12:30- 2:00 pm Rainier Beach

## Crafts

### CROCHET / KNITTING **Free**

Beginning and intermediate crochet instruction. Bring your own projects. Instructor: Tami Hedberg. If you're a knitter bring projects with you to work on!

Tuesdays 11:00-1:00 pm Rainier

### BASIC STAMPING **2-sessions/5.00**

Find out what stamps can be used for and how they are kept. Make index and small projects.

May 16 (Mons) 1:00-3:00 pm Jefferson

### TOTE BAGS **\$5.00**

Add you decorative touch to your multi-purpose tote bag. Materials supplies. Pre-registration required.

Apr 20 (Wed) 2:00-4:00 pm Rainier Beach

### SENIORS MAKING ART: MIXED MEDIA **Free**

Class includes watercolors, oil pastels, and more.

Beginners welcome. Limited space. **Starts April 21.**

Thursdays 10:30-12:30 pm Free

### DROP-IN CRAFTS **Free**

Time provided for you to join your friends in a social atmosphere working on projects of your choice.

Thursdays 12:00-3:00 pm Jefferson

### LAP-QUILTING **Free**

Quilting that can be taken anywhere to work on. Students help each other.

ridays 10:00-1:00 pm Jefferson

## BASKET MAKING

**Fridays 1:00-3:00 pm Jefferson**  
All participants need to bring heavy scissors, old towel (for wet weaving), clothes pins, pencil and a bucket for soaking. Wear old clothes. Optional: spray bottle. Pre-register required. Instructor: Carol Williams

**Twill Market Basket April 8, 15, 22**  
Class Fee: \$10 Material Fee to Instructor: \$12

**Grapevine Rustic Basket May 13, 20, 27**  
Class Fee: \$10 Material Fee to Instructor: \$10

**Ti-Twined Basket with Handle June 3, 10, 24**  
Class Fee: \$10 Material Fee to Instructor: \$12

## Dinner Club

### OUT TO DINNER

Join us the 2nd Thursday each month. Registration starts, 8am, 684-7484. Limited capacity. There is automatic 17-20% gratuity on your table's tab. Meet at Jefferson CC or Peter Claver. **Each trip \$3.00 paid in advance.** Average price of meals, see below \$ = \$10.00

Apr 14	4:30 – 7:00 pm	Popeyes' \$\$
May 12	4:30 – 7:00 pm	Sizzlers \$\$
Jun 9	4:30 – 7:00 pm	Old Country Buffet \$

## SE FIELD TRIPS

### TRIP REGISTRATION INFORMATION S.E. SECTOR

**\*PAYMENT must be received 5 working days PRIOR to departure.**

**\*MAKE CHECKS PAYABLE TO:**  
Senior Adult Advisory Council

**\*MAIL CHECKS TO:** Senior Programs, Att: Angela,  
3801 Beacon Ave. S., Seattle – 98108

**Trip Registration:** Phone In Only for Trips at 8 am on listed date. **Call 206-684-7484 to Register.** Leave your name, phone # and pick-up site. You can only sign up for yourself and one other person. You'll ONLY be called back if you are on the Wait List. All trip times, costs, and destinations subject to change.

### PICK-UP SITES:

Jefferson CC (JCC).....	3801 Beacon Ave. S.
.....	( at the time listed )
Rainier CC .....	4600 – 38th Ave S.
.....	( 10 minutes before time listed)
Rainier Beach CC.....	8825 Rainier Ave. South
.....	( 20 minutes before listed time )
Van Asselt CC.....	2820 South Myrtle
.....	15 minutes prior to listed time

## REGISTER AT 8:00 AM ON DATE LISTED BY CALLING 206-684-7484

**SMALL TOWN TOUR \$8.00**  
Explore Sumner and Buckely, – all small towns with big surprises. Lunch own your own.  
Apr 12 10:00 am – 3:00 pm **Reg: Mar 28**

**TACOMA'S FAVORITES \$6.50**  
The Washington State History Museum is proud to host *September 11: Bearing Witness to History*. Visit your favorite spots- Morning Sun and Almond Roca factory. \$5 admission and lunch own your own.  
Apr 19 9:30 am - 4:30 pm **Reg: April 4**

**BELLINGHAM & BELLIS FAIR MALL \$15.00**  
Enjoy the scenic drive as we see the sights this historic and unique town. By request, free time at Bellis Fair Mall. Lunch own your own.  
April 26 9:00 am-3:30 pm **Reg: April 11**

**WHIDBEY ISLAND \$13.50**  
Wonderful places to visit on the island. Historic Coupeville, Oak Harbor, and a beautiful scenic ride. Ferry fees included.  
May 3 10:30-3:00 pm **Reg: April 18**

**UW & UNIVERSITY VILLAGE \$5.50**  
A one hour tour of the prestigious college. Historical sites to see. Shopping and lunch own you own at the University Village.  
May 10 9:30 am-3:30 pm **Reg: April 25**

**PT. DEFIANCE ZOO, AQUARIUM, GARDEN \$7**  
This great park has every thing to offer; wild life, sea animals, and their specialty garden. Lunch and zoo admission own your own.  
May 24 9:30 am -3:30 pm **Reg: May 9**

**MT. ST. HELENS \$43.00**  
A chartered bus trip. Let's see what is going on. Fee includes bus and Interpretation Center fees. Lunch on your own. Pick up sites will be Hiawatha & Jefferson  
May 31 8:30 am -7:00 pm **Reg: May 10 (Tues)**

**EDMONDS WATERFRONT FESTIVAL \$6.00**  
This festival offers food, music, games, and waterfront activities. Lunch own your own.  
Jun 4 (Sat) 10:00 am -4:00 pm **Reg: May 23**

**GREENHOUSE LUNCHEON \$8.50**  
See two of the best greenhouses in town. Out door picnic provided at Volunteer Park.  
June 7 10:30 am -3:00 pm **Reg: May 25 (Wed)**

**GARDENS & FARMERS' MARKET \$6.50**  
Lake Wold is a gardener's paradise with plants from around the world. Free time at the Tacomas Farmers Market. Lunch and garden admission own you own.  
Jun 16 (Thur) 10:30 am -3:00 pm **Reg: June 6**



# South West

## SW - REGISTRATION INFORMATION

### CLASSES / SPECIAL EVENTS

Mary Dalzell, Recreation Specialist

(206) 684-7422 or 684-7433

Voice Mail: 684-4115

e-mail: [mary.dalzell@seattle.gov](mailto:mary.dalzell@seattle.gov)

**Spring Quarter Dates:** April 4 – June 17

**No Classes:** May 30th

**Make-Ups:** We encourage you to make up canceled classes at any other site in the city. Please inform the instructor you're making up the class.

**Class Registration:** Class registrations begins when brochure received.

**All Class Payments:** checks payable to: "Senior Adult Advisory Council", mail to: **High Point Comm Ctr.**, Sr. Programs, Att: Mary 6920-34th Ave SW - Seattle, 98126

### South West Sector Sites:

Alki CC ..... 5817 South Stevens  
Delridge CC ..... 4555 Delridge Way SW  
Hiawatha CC ..... 2700 California Ave. SW  
High Point ..... 6920 – 34th Ave. SW  
South Park CC ..... 8319 – 8th Ave. S.  
Southwest CC ..... **CLOSED UNTIL May 2005**

## Senior Fitness

### FITNESS FOR LIFE \$20-1 day wk/\$40-2 days

A head-to-toe workout using dyna bands, sticks, weights - bring small weights to class.

Mon / Wed	10:00-11:00 am	Alki
Tues	10:00-11:00am	High Point
Fri	9:30-10:30am	High Point

### VOLLEYBALL Free

Drop in recreational play. More players needed and welcome to play.

Tuesdays	11:00 am-1:00 pm	Hiawatha
Thursdays	10:00 am-12 noon	Hiawatha

### PICKLEBALL Free

Indoor game that is a cross between tennis and ping-pong. A good cardio workout to play at your own level.

Mon / Wed / Fri	10am-2:00 pm	Hiawatha
Tues/Thurs	9:00-11am	High Point

### STRETCH / RELAX

**\$26/6 wks**

Class will incorporate a number of fitness arts including yoga, Chinese exercise, and others and is designed to systematically work body from head to toe. Great for those beginning an exercise program, have back problems, or are recovering from an injury.

Instructor: Cate Koler. *Class begins April 13th.*

Wednesdays	9:30-10:30 am	High Point
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### HATHA YOGA

**\$26/6 weeks**

Release tension and stiffness as you tone, strengthen, and relax. Gentle stretching and movement with awareness, correct alignment, and deep breathing. Enhance your flexibility and range of motion.

*High Point class held Fridays from 10:30-11:30 am with a Monday or Friday option or twice-a-week..*

Session #1	April 1- May 6	High Point
Session #2	May 13 – June 17	High Point

### FEAR OF FALLING? ( begins May 6th )

**\$18**

Balance can be a problem for all of us, eventually. This class will concentrate on muscle strengthening, skills to prevent falls and joint flexibility exercises. This will be a 4-week program taught by Eileen Broomell.

Fridays	11:30-12:15 am	High Point
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### MEN'S FITNESS

**\$20.00/ 11 wks**

This is a new class for men who want to exercise. A head-to-foot workout to get the body feeling good. All levels of exercisers are welcome. Bring weights with you. Instructor: Lauren Allen.

Wednesday	10-11am	Alki
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### SOUND STEPS WALK PROGRAM

**Free**

A neighborhood walking program with a walk leader. Get to know your area and some of your neighbors while enjoying the company of others. Meets the 2nd and 4th Monday of each month at the Southwest Community Center. Please pre-register. Program begins April 11th.

Mondays	10:00-11:00 am	Southwest
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## Special Event

### EARTH DAY SCAVENGER HUNT

**\$15.00**

Celebrate Earth day exploring nooks and crannies of Woodland Park, searching for checkpoints and answer-ing earth questions along the way. Prizes awarded and we'll enjoy a fried chicken picnic lunch! Orienteering professionals will teach and provide all equipment.

April 22	10:00 am–2:00 pm	<b>Reg: April 8 at 9 am</b>
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# South West

## Dance / Music

### LINE DANCE

**\$20/ 11 wks**

The music moves you, and no partner is needed! What a pleasurable way to get the benefits of exercise.

Instructor: Linda and Paul Reese.

Tuesdays 10:00-11:00 am

Hiawatha

## Bridge



### BRIDGE

**Free**

A drop-in program for this popular card game for experienced players.

Tuesdays 10:30am-2:00 pm

High Point

Wednesdays 10:45am-3:00 pm

High Point

## Book Clubs

### SOUTHWEST BOOK CLUB

**Free**

The Seattle Public Library provides books to our groups free of charge. We read the book and in one month meet as a group for discussion. Please call Mary, 684-4115, if you need further information. Meets at 1:00 pm the 3rd Thursday each month at the High Point Library.

### ALKI BOOK CLUB

**Free**

This book club has reached it's maximum number of participants. Please leave your name with Mary at 684-7422 for future openings.

## Computers



### COMPUTER CLASS

Free computer training and access is available at the Westwood Heights Tech. Center located at 9455 - 27th Ave SW.

**To register call Jaque at 932-6942, ext .16**

Beginning Computer Mon/Wed 10-11:30am

Computer User Group of Seniors Thurs 2-3pm

Digital Camera / Photo Class Tues 11am-12:30pm

## Workshops

### PICKLEBALL FOR BEGINNERS

**Free**

This will be a two hour learning session to introduce you to this fun, play-at-your-own-pace game. Don't put it off. This is a great sport with minimal equipment needed, and is good form of exercise.

April 12 9:00-11:00 am

High Point

## Workshops, Continued

### TEA WITH FRIENDS

**Free**

Our teas have been so enjoyable that it's time to invite others to the fun. Everyone bring a friend ( or daughter, son, grandchild) and bring a tea cup for them and you.

April 20

11:15 am

Alki

### SENIORS REAL ESTATE SPECIALIST

**Free**

Is the thought of moving overwhelming? Jane Conrad can answer questions of what to be aware of when the day comes. Be prepared and have as much knowledge as possible. Jane will share her vast experience and answer questions. **Pre register by April 22nd.**

April 27

11:15 am

Alki

### MEDIC II

**Donation**

CPR class emphasizing basic life support to citizens. You never know when this information may come in handy. **Pre-register by April 29th**

May 6

10am-12noon

Alki

### PUTTING MY HOUSE IN ORDER

**Free**

Consumer information on end of life planning presented by non-profit Peoples Memorial Association. Specific information on area funeral home costs and your rights under the Funeral Rule. **Pre-register one week prior to the date of class you wish to attend.**

May 11

11:15 am

Alki

June 7

11:15 am

High Point

### GUEST CHEF

**\$6.00**

Chinese cooking made simple. May Yeung and Jackie Schoessler will demonstrate easy dishes to make and for us to enjoy. **Pre-register by May 20th.**

May 26

10:30am-12:30pm

High Point

### THIS IS MY STORY

**FREE**

Sisters, Beverly Alger and Sylvia Mickelson, combine their memories for a charming hour of reminiscing. These two get along so well it is enjoyable to listen to their fond stories.

June 8

11:15 am

Alki

### BOOK EXCHANGE

**Free**

An opportunity to meet others who enjoy reading and have books to exchange. Time is available the first Wednesday of each month.

Wednesdays

12:00 noon

Alki



# South West Trips

## SW TRIP REGISTRATION INFORMATION

**\*PAYMENT must be received 5 working days PRIOR to departure.**

### **\*MAKE CHECKS PAYABLE TO:**

Senior Adult Advisory Council

**\*MAIL CHECKS TO: High Pt. Comm. Ctr., Senior Programs, Att: Mary, 6920-34th Ave SW, Seattle, 98126**

**NOTE:** Trip times/costs/destinations are subject to change. **ALL TRIPS LUNCH ON YOUR OWN.**

**Trip Registration:** Register by calling 684-7422 on the date and time listed under each trip.

### **PICK-UP SITES:**

High Point CC ..... 6920-34<sup>th</sup> Ave SW

Hiawatha (HCC) ..... South parking lot  
..... of Safeway on California Ave. SW  
**Please don't park in the Safeway Parking Lot**

## **Registrations Begin As Listed**

### **DOING DUVALL \$6.00**

This is a walking trip as well as exploring Duvall. We will start with walking the Snoqualmie Valley Trail and then to Duvall for exploration. **Registration begins March 22nd, 9 am.**

April 7 9:30 am-3:00 pm

### **LA CONNER**

It's tulip time once again!

This year we will visit lovely LaConner where you can look in the shops, have lunch, and tip top through the tulips, and maybe purchase some take home.

**Registration begins April 5th, 9 am.**

April 14 9:00 am-4:30 pm



**\$8.00**

### **THREE TALL WOMEN \$3.50**

As an acerbic old woman lies dying, three women lay bare the truths of our lives- how we live, how we love, what we settle for, and how we die. This play is at the Bathhouse Theatre on Green Lake. Tickets on your own for \$10. **Registration begins April 12th, 9 am.**

April 28 6:15-10:00 pm

### **THE CHASE GARDEN \$7.00**

Special 4-acre garden in Orting, with spectacular views of Mt. Rainier and the Puyallup River Valley. \$4 admission and lunch on your own in Sumner. **Registration begins April 19th, 9am.**

May 5 9:00 am-3:30 pm

### **LOCKS CRUISE \$4.50**

Two-½ hour narrated tour through the Ballard Locks, Lake Union, Puget Sound, and the Lake Washington Ship Canal. Prior to tour, time on own in Pioneer Square/waterfront. We will use two for one coupons so I will need a \$16 check payable to Argosy. **Registration begins April 26th, at 9am.**

May 12 10:00 am-3:30 pm

### **MT. ST. HELENS \$43.00**

This is a chartered BUS TRIP. There has been so much talk about this mountain that we are going to see for ourselves what's going on. Cost includes bus and Interpretation Centers fees. Lunch on your own. Pick up sites will be Hiawatha and Jefferson. **Registration begins May 10th, 9:00am.**

May 31 8:00 am-7:00 pm

### **PRISON PET PROGRAM \$7.00**

At Purdy's women's prison discover the therapeutic power of pets. I will need the following information: your social security#, birthdate, and full name for background check. There is at least ¼ mile of walking and two security screenings to go through while at the prison. Lunch and time at Gig Harbor. **Registration begin May 3rd, 9:00 am.**

June 2 9:00am-4:00 pm

### **EXPLORING ELLENSBURG \$12.00**

A wonderful small college town with plenty of shops to explore, walk the Central Washington University campus, enjoy the galleries, and have lunch, on your own. **Registration begins May 17th, 9am.**

June 9 9:30 am-4:30 pm

### **MEEKER DAYS \$6.00**

Meeker Days is Pierce County's largest street festival with over 15 city blocks of fun and summer enjoyment. Music, arts & crafts booths, farmer's market, antique car show and more. **Registration begins June 3rd, 9 am.**

June 18 9:30 am-3:00 pm

**SEE CITYWIDE PAGE  
FOR MORE ....**

# Central East

Please pre-register for all of these programs by calling 233-7255 to ensure their success!

## REGISTRATION INFORMATION CLASSES / SPECIAL EVENTS

206-233-7255

Recreation Specialist- Cheryl Brown  
e-mail: Cheryl.Brown@seattle.gov

**Spring Quarter Dates:** April 4 – June 17, 2005

**No Program:** Memorial Day, May 30

**Class Registration begins March 21.** Please use the **Registration Form** on the back page of this brochure. Class dates/times are subject to change.

**Mail class payments to:** Sr. Adult Programs, ATT: Cheryl, 8061 Densmore Ave N Seattle, WA 98103. Make checks payable to 'SAAC'

### Central East Division Sites

Garfield CC ..... 2323 East Cherry  
Miller CC ..... 330 -19th Ave. E.  
Montlake CC ..... 1618 - E. Calhoun  
Yesler CC ..... 917 E. Yesler Way

## Aerobics/Fitness/Dance

### CIRCUIT TRAINING \$20-1 day a week

Aerobic activity on fitness machines/weight training/ stretching to improve cardio-and muscular strength.  
C. Lorenz Mon 9:15 – 10:15 am Garfield

### FITNESS FOR LIFE \$20-1 day wk/\$40-2 days

This low impact aerobics class will put a swing in your step and a song in your heart.  
C. Lorenz Mon 10:30 – 11:30 am Garfield  
C. Lorenz Wed 10:30 – 11:30 am Garfield

### GENTLE YOGA \$24/ 1 day week

Stretch out those muscles and gain strength and flexibility in this gentle yoga class for all fitness levels.  
E. Tierney Thurs 11:45–12:45 pm Miller

### PILATES \$24.00

Improve mind/body awareness, increase mental focus and reduce stress. Instructor: Zita Hachiya  
Thursdays 10:00 – 10:45 am Garfield CC

### TAI CHI \$24/ 1 day week

Learn slow and gentle meditative exercises that are good for hypertension stress, weight loss, and other health problems. Improve concentration and focus.  
M. Tow Tues 10:15 – 11:30 am Yesler  
M. Tow Thurs 10:15 – 11:30 am Miller

## Dance

### BALLROOM DANCE \$12.00

Learn the ballroom dance basics or brush up on your steps in this fun class taught by James Butler. After you take a spin around the dance floor, learn about the many dances around the city open to seniors!  
Wed, Apr 13–May 18 1:30 – 2:30 Garfield CC

### TAP & TONE \$24.00

Heel step, shuffle and ball change into the world of tap dance! If you are a first time tapper, or an old 'shoe', this class will provide fun and fitness for you!  
Tuesdays 10:30 – 11:30 am Miller

### BEGINNING LINE DANCE \$18.00

Heel – toe your way to fitness and fun! No experience or partner needed for this fabulous social/exercise class. Held in the NEW Yesler CC, lots of parking!  
Wednesdays 11:30–12:30 pm Yesler

## Walks and Hikes

### DAY TRIPPIN' \$2.00 per trip

Explore beautiful parks/trails in this fun walking program. Hikes are between 1.5-3 miles followed by lunch (on your own) at a restaurant local to the hike. Be prepared for wet or muddy trails with appropriate footwear. Transportation provided! Registration is limited so sign up early by calling 233-7255!  
**Van Pick Up:** Yesler 9:30 am, Miller 9:45 am, Garfield 10:00 am **Return approx. 2 pm**  
Apr 12 –Narbeck Wetlands May 24- Federation Forest  
Apr 26 –Canoe/Arboretum Jun 7 –Rampart Lakes  
May 10 - NW Timber Trail

### SOUND STEPS FREE

Walk for health and fitness in this fun and free program! Meet neighbors, make friends...it is much more fun to walk with a buddy! Meet at Garfield Comm. Center.  
Thursdays 10:00 – 11:00 am

## Arts and Crafts

### GREETING CARD FACTORY \$20.00

Astound your friends with these cards which look amazing and save lots of money too! Make 3 cards at each session using the technique shown. All materials provided! Class held on Thursdays.  
4/21, 4/28, 5/5, 5/12, 5/19 10:30 – 12:00 Garfield

## **WATERCOLOR** **\$60.00**

Learn new techniques and enjoy this inspirational class.  
Relaxed and fun for beginners to seasoned painters.

Instructor: Jan Morris

Wednesdays 1:00 – 3:00 pm Montlake

## **SENIORS MAKING ART/Collage** **FREE**

Learn how to make beautiful pictures with paper collage using the color and texture of the paper itself. All materials and tools will be provided in the class.

Absolutely no artistic experience necessary, just plan to come and have fun. Limited space, sign up in advance!

Artist Instructor: Constance Perenyi

Thurs., April 14 – June 2 12:30 – 2:30 Yesler CC

## **GARDEN ART** **\$12.00 each project**

Sign up for one or all of these fun classes designed to add a smile to your garden!

Garfield Community Center 11:00 am – 1:00 p.m

April 12 & 19 ..... **Garden Guardians**

April 26 & May 3 ..... **Mosaic Planter**

May 10 & 17 ..... **Garden Lights**

## **Games & Drop-In Activities**

### **BRIDGE** **Free**

It's in the cards! Have fun! Just drop in to play!

Fridays 1:00-4:00 pm Miller

### **LUNCH & A MOVIE** **\$3.00 each**

Enjoy the latest releases, or old classics and lunch with us at Garfield CC. Please let us know in advance if you are coming!

April 7 Being Julia May 19 His Girl Friday

April 21 Oceans 12 June 2 Chocolat

May 5 National Treasure

## **Special Events**



### **RED HAT SOCIETY / COME JOIN!**

The Red Hat Society calls itself a 'disorganization' and is proud of the lack of rules and by-laws. It has become an enormous "nurturing network" for women over 50, gaining higher visibility for women in this age group and reshaping the way they are viewed by today's culture.

Come and see what it is all about, and join us in the fun!

We will have a monthly event that all are welcome to attend! All expenses for lunch, etc., will be 'on your own'. Space is limited so pre-register please!

\*Designates transportation provided from this spot (\$2).

**Info/Lunch** Mon 4/11 11:00 am Garfield CC \$5.00

**\*SSCC Lunch** Mon 5/2 11:00 am Garfield CC

**\*Old Spaghetti Factory** Mon 6/6 11 am Garfield CC

### **VIETNAMESE SENIOR LUNCH** **Donation**

Enjoy a sense of community with Vietnamese seniors from around the city. Each day has exercise, computer classes, special speakers, lunch, and fun!

Tuesdays and Fridays 10:00 am – 1:00 pm Garfield CC

## **PARK PLACE TOUR & LUNCH** **Free**

Tour Park Place retirement and assisted living facility.

Enjoy a free lunch where you can ask all kinds of questions. Transportation from Garfield CC.

Apr 25 (Mon) 10:00 – 2:00 pm Garfield CC

## **Opportunities for Learning**

### **QUICK CUISINE SERIES** **\$5.00 each class**

Learn simple meal and dessert ideas in this fun class

held at Yesler Community Center's brand new gourmet kitchen. Wednesdays from 1 – 3 pm. Register ahead!

Apr 20 ..... **Salad Sampler** 3 yummy spring salads

May 18 ..... **Dinner Doctor** easy meals from basics

June 1 ..... **Cake Doctor** make a mix taste homemade

### **TWO- "TORS" VOLUNTEER PROGRAM**

Mentors and tutors needed! If you can donate one afternoon a week during the school year to spend one on one with a child, we would love to have you! Come in to Garfield CC Senior Adult office and complete an application! Call 233-7255 for more info.

### **COMPUTER BASICS/LEARN IT & EARN IT!**

Hands on classes Any senior who completes 16 hours of computer training in our program will receive a voucher for a free computer and monitor.\*

Basics at your own speed please call Asfaha at 386-1245 to register. Tues/Thurs Apr 5 – June 9 Yesler Free

Basics in Vietnamese, please call Nhu-Y at 233-7255 to register. Wed/Thu 10 – 12 Yesler Free

Tue/Fri 10 – 12 Garfield Free

### **PEOPLES MEMORIAL ASSOCIATION** **Free**

Learn about a non-profit consumer organization dedicated to simple, dignified and economical cremation and funeral arrangements. Pre-register at 233-7255.

Apr 25 (Mon) 1:00 pm Garfield CC

### **CPR & FIRST AID** **Free**

Learn these life saving skills from "Breath for Life".

Classes are designed for seniors and completes the requirements for foster parents. Saturdays, 10 – 5 pm.

April 9 ..... Garfield Community Center

May 7 ..... Yesler Community Center

June 4 ..... Miller Community Center

### **ALZHEIMERS EDUCATION** **Free**

Find out about the latest research and developments in this informative talk. with plenty of time for questions.

May 16 (Mon) 1:00 pm Garfield CC

### **SUMMER / FALL PLANNING MEETING** **Free**

Come with ideas for upcoming trips, hikes, events, speakers and more! Explore and brainstorm for summer and fall quarters.

Apr 19 (Tues) 11:30–12:30 pm Garfield CC

# Central West - Central East Trips

## CW - CE Trip Registration:

**Trip registrations begin at 8:00 am on the date listed by calling 206-684-4240.** You may sign up yourself and one other person. Trip dates, times, and destinations are subject to change. When you call, leave your name, phone number, name of trip, and pick up site. **You will ONLY be called back if you are on the wait list. Do Not Use "Mail-In" Registration Form, Phone In Only.**

### **Trip Payments:**

Make checks payable to: 'SAAC', mail to: **Sr. Adult Programs, ATT: Tim, 1901 – 1st Ave. W., Seattle, WA 98119.** **All payments must be received 5 working days prior to departure.**

### **East Pick-up Sites:**

**Montlake CC** 1618 E. Calhoun  
(Pick up 30 minutes before time listed)  
**Miller CC** 330 19 Ave. E.  
(Pick-up 15 minutes before time listed)  
**Garfield CC** 2323 E. Cherry  
(Pick-up at the time listed.)

### **West Pick-up Sites:**

**Magnolia CC** - 2550-34th Ave. W.  
(Pick-up 20 minutes before time listed.)  
**Queen Anne CC** 1901-1st Ave. W.  
(Pick-up at the time listed.)

## **REGISTER - 8:00 AM ON DATE LISTED**

### **BY CALLING 206-684-4240**

### **Leave Your Name, Phone # and Pick-Up Site**

#### **9/11 BEARING WITNESS TO HISTORY \$6.50**

The Smithsonian Institution Traveling Exhibit of this tragic event brings together objects, images and personal stories that recall this historic day and its impact on our nation. \$5.00 museum admission fee to and lunch on your own, then a visit to the beautiful Union Station.  
April 8 9:00 am – 4:00 pm **Reg. March 28**

#### **TULIPS IN LA CONNOR \$6.50**

Festive spring flowers are back in all their glorious colors. Bring money for garden tour fees which range from \$1 to \$3, lunch on your own in LaConnor.  
April 15 9:00 am – 5:00 pm **Reg. April 4**

#### **EARTH DAY SCAVENGER HUNT \$15.00**

Celebrate Earth day exploring nooks and crannies of Woodland Park, searching for checkpoints and answering earth questions along the way. Prizes awarded and we'll enjoy a fried chicken picnic lunch! Orienteering professionals will teach and provide all equipment.  
April 22 10:00 am – 2:00 pm **Reg: April 4**

#### **HANDS ON SCIENCE \$5.50**

An informative tour of Fred Hutchinson Cancer Research Center includes 'hands-on' science where you can examine DNA under a microscope and see what the scientists look for. After the tour we'll enjoy lunch (on your own) at one of the fine S. Lake Union restaurants.  
April 29 10:00 am – 3:00 pm **Reg: April 11**

#### **VICTORIAN FOR A DAY \$7.00**

Tour the Richard Hugo House, a Victorian house that dates to 1902. The mission of Richard Hugo House is to build a vital learning community that develops and sustains practicing writers doing essential work. Then lunch at the Queen Mary Tea Room Restaurant, a theatrical Victorian fantasy land where you can crown yourself "queen for a day".  
May 6 9:00am-4:00pm **Reg: April 25**

#### **BLOOMS & BUDS \$6.50**

A garden tour extraordinaire! Tour the Weyerhaeuser Rhododendron Garden (please bring \$2.50 for entry fee), then have lunch (on your own) in Puyallup. After lunch we'll stop at Calla Lily, a wonderful floral gift shop owned by Cheryl's high school friend, and end the day with a stop at the Van Lierop Flower Market.  
May 13 10:00–5:00 pm **Reg. April 25**

#### **WALLACE FALLS \$6.50**

Wallace Falls State Park is a 4,735-acre park with shoreline on the Wallace River and the Skykomish River featuring a 265-foot waterfall, old-growth forests, and fast-moving rivers and streams. Moderate to difficult terrain; bring hiking boots, walking stick and sack lunch.  
May 20 9:00–5:00 pm **Reg. May 9**

#### **ASIAN GARDEN TOURS \$5.50**

The 3 1/2 acre Japanese Garden and the 20 acre Kubota Gardens blend Japanese garden concepts with native Northwest plants. These wonderful gardens are interlaced with streams, waterfalls, ponds, bridges, and rock outcroppings with a rich array of plant material. Bring money for lunch (on your own) and \$3 for admission to the Japanese Garden  
June 3 10:00–4:00 pm **Reg. May 31**

#### **BASTYR UNIVERSITY \$8.50**

Bastyr University is one of the worlds leading academic centers for natural health sciences. We'll be treated to a tour of the medicinal herb garden, receiving much info on natural healing and remedies. Enjoy lunch on your own at the famous vegetarian cafeteria on campus. After lunch stroll around the campus' many small gardens, beautiful chapel and reflexology garden.  
June 10 9:00–3:00 pm **Reg. May 23**

**SEE CITYWIDE PAGE FOR MORE !!!**

# Central West

## REGISTRATION INFORMATION

### CLASSES / SPECIAL EVENTS

**Tim Pretare – Recreation Specialist**

**206-684-4240**

**e-mail: Tim.Pretare@seattle.gov**

**Spring Quarter Dates:** April 4-June 17

**No Programs: May 30**

**Make-Ups:** We encourage you to make up canceled classes at any other site in the city. Please inform the instructor you're making up the class.

**Class Registration begins March 21.** Please use the **Registration Form** on the back page of this brochure. Class dates/times are subject to change.

**Mail class payments to: Sr. Adult Programs, ATT: Tim, 1901 - 1 Ave. W, Seattle, WA 98119.** Make checks payable to 'SAAC'

### Central West Division Sites

International Dist. Chinatown CC..719 – 8thAve. S.  
Queen Anne CC..... 1901 –1st Ave. W.  
Queen Anne Pool.....1920 – 1st Ave. W.  
Magnolia CC .....2550 - 34th Ave. W.  
Langston Hughes PAC ..... 104 - 17 Ave. S.  
Discovery Park ..... 3801 W. Government Way

## ALL CLASSES 1 HOUR UNLESS NOTED

### Aerobics & Fitness

#### SENIOR AEROBICS \$20-1 day week

Time to re-energize and feel better. Certified instructors teach our low impact aerobic classes.

M. Huber	Mon	9:30 am	Queen Anne
M. Huber	Wed	9:30 am	Queen Anne
J. Shearer	Fri	9:00 am	Queen Anne

#### P.A.C.E. \$25-1 day a week

PACE is an exercise program done primarily sitting in chairs and is designed for people just beginning an exercise program and for people with arthritis.

S. Dwyer-Schick	Thurs	10:00 am	Queen Anne
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#### CIRCUIT TRAINING \$30-1 day week

Rotate training stations to improve skill, strength, and knowledge using weight machines. (Class size limited to 16 people, first come first serve.)

A. Allen	Tue	9:00-10:15 am	Queen Anne
A. Allen	Thurs	9:00-10:15 am	Queen Anne

#### YOGA & MEDITATION \$25 - 1 day week

Gentle stretching to keep limber and build muscles. All skill and fitness levels, wear comfortable clothes.

H. Smith	Thur	11:00 am	Queen Anne
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#### DROP-IN PICKLEBALL

**65+ \$1, 64- \$2**

Continue to exercise and improve your skills by teaming up with other players – fun and challenging.

Mon/Wed	11:30-1:00 pm	Queen Anne
Mon/Thurs	11:30-2:00 pm	Magnolia

### Sound Steps Walking Program

#### DISCOVER WALKING

Walk the 2.8 mile Discovery Park Loop Trail. Meet at the Visitor Center or call for ride; 206-684-4240.



**\$5.00**

Tuesdays	10:00-12 noon	Discovery Park
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**Twice a quarter we take a FIELD TRIP on the following dates to the parks listed:**

April 26 (Tues)	10:00 am	Mathews to Magnuson
May 24 (Tues)	10:00 am	Ravenna/Cowen Park

### Cards & Games

#### ORGANIZED BRIDGE

**Free**

Weekly games for experienced players. Call Dean and Nancy McPhaden, 282-8331, to sign up for a 4-some.

**No bridge on 4/25, 5/23, or 6/27**

Mondays	2:00-4:00 pm	Queen Anne
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#### BRIDGE INSTRUCTION

**\$32.50**

You are starting to understand the fundamentals, now let's take it a step further. Instructor: George Weaver

Wednesday	10:00-12 noon	Queen Anne
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#### OPEN BRIDGE

**Free**

Weekly games for experienced players. All participants must register with the Parks Department representative.

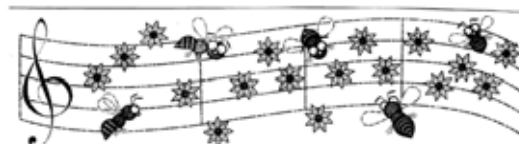
Wednesdays	9:00 am – 2:00 pm	Magnolia
Thursdays	8:00 am – 2:00 pm	Magnolia
Fridays	1:00 pm – 4:00 pm	Queen Anne

#### BINGO

**Free**

Bingo Bug! Have you caught it? Come and play with us each week. Try your luck and you may win a prize.

Thursdays	10:00 am	Queen Anne
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# Central West

## Monday Meals

### **MONDAY MEALS RESERVATIONS REQUIRED**

Mon. April 11 – June 6, 12:00-1:00 pm Queen Anne  
Fresh cooked healthy meals most Mondays (except May 30)! First come first serve, make reservations at the Community Center. Menu available in advance by request, subject to change.

Please call Tim at 206-684-4240 for complete details.

#### **Meal Pricing Plan:**

**\$3.00** per person – reservation made before Friday the week before the meal.

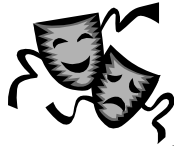
**\$5.00** per person – no reservation made

**\$20.00** Frequent Food Card – buy a card for instant automatic reservations for the quarter (8 meals) and a 50¢ discount per meal.

## Creative Arts

### **PERFORMING ARTS**

Work as a group toward a quarterly theater production! Join a theater group for adults, no experience necessary. If you're interested in any aspect of theatrical production, don't miss this program. Opportunities offered include acting, directing, script writing, musicals, and more. Please call Tim at 206-684-4240 for more information.  
Thursdays 1:00 pm Langston Hughes



**Free**

### **CRAFTY LADIES**

Drop in to work on your own project or learn a new craft, socialize and make new friends. Sewing machines, supplies are available.

Thursdays 2:00-3:30 pm Queen Anne

**Free**

### **WATERCOLOR PAINTING \$60.00 /quarter**

Bring your paints, brushes and joy of painting. A demonstration after each lesson with lots of guidance.

All skill levels welcome.

S. Kahler Mon. 9:15–11:30 am Magnolia

### **IKEBANA \$55.00/ 4 weeks**

Try the art of Japanese flower arranging! Ikebana is an art form in which the beauty of nature and objects of humanity are brought together. Class size, 7 max.

There is a \$7.00 supply fee paid to the instructor each week.

Tuesdays 9:30-11:30 am Queen Anne

Session #1 April 5 – 26

Session #2 May 3 - 24

## Books



### **DESSERT & DISCUSSIONS**

**Free**

Gather to discuss books and enjoy some treats. Last Monday of the month. Book titles available by request.  
4/25, 5/23, 6/27 1:30–2:30 pm Queen Anne

### **BOOKMOBILE BOOKS**

**Free**

The Seattle Public Library brings new books each month. Check one out today. Queen Anne

### **BOOK EXCHANGE + SEATTLE TIMES**

**Free**

We offer comfortable couches and reading area for the daily Seattle Times and our book exchange. Stop by and browse through the book shelves, borrow a book or bring a book to trade in. Queen Anne

## Special Events

Please call Tim at 206-684-4240 to reserve your space for the following Special Events.

### **PROGRAM ADVISORY COMMITTEE**

**Free**

Come and give input on programs! Bring newspaper articles, ideas and an open mind. We will discuss trips, hikes, special events and how to expand and improve programs and services.

1st Thurs each month 1:00-2:00 pm Queen Anne  
April 7, May 5, June 2



### **LAUGHTER EXPERIENCE**

**Free**

Learn and enjoy the immense health benefits of laughter through a series of laughter / deep-breathing exercises.  
Tuesdays 1:00 pm Queen Anne

### **MID-WEEK MOVIE**

**Free**

Drop in to see a new release, classic, romance, comedy or your choice each week.  
Wednesdays 1:15 pm Queen Anne





# North East

## N.E. REGISTRATION INFORMATION

### CLASSES / SPECIAL EVENTS

Jayla McGill, Recreation Specialist

(206) 386-9106

e-mail: jayla.mcgill@seattle.gov

**Winter Quarter Dates:** April 4 – June 17 (11 wks)

**No Class: May 30.**

**Make-Ups:** We encourage you to make up cancelled or holiday-missed classes at any other site in the city.

Please inform the instructor you're making up the class.

**Class Registration begins Mar 21st.** Class dates/times are subject to change.

**Mail Checks payable to "SAAC":** Sr Adult Pgrms, Attn: Jayla, 8061 Densmore Ave N, Seattle, 98103.

### NE Division Sites:

Green Lake CC ..... 7201 E Green Lk Dr N  
Laurelhurst CC.....4554 NE 41st St  
Meadowbrook CC..... 10517 – 35th Ave NE  
Ravenna-Eckstein CC..... 6535 Ravenna "Ave" NE  
Magnuson CC/Bldg 47.....7110 – 62<sup>nd</sup> Ave NE  
Magnuson Brig/Bldg 406..... 6344 NE 74<sup>th</sup> St

## AEROBICS / FITNESS

### SENIOR AEROBICS \$20-1 day week

Feel better with upbeat fitness! Certified instructors.

J. Shearer Mon 10:15 am Ravenna-Eckstein  
L. Haynes M/W 9:30 am Magnuson Gymnasium  
J. Shearer Thur 9:00 am Laurelhurst  
L. Philbrick Thur 9:40 am Green Lake

### BODY CONDITIONING \$25-1 day week

Dynabands / free weights for over-all strength

~~For~~ **Catinoing.** Mon 10:00 am Meadowbrook  
C. Lorenz Thur 10:00 am Meadowbrook  
L. Philbrick Thur 10:45 am Green Lake

### PILATES \$16-1 day wk/\$32-2 days wk

Want to strengthen your stomach, lower back; improve balance & release stress? This fitness class is for you!

**Week of Mar 22 – May 5**

Y. Lasso Tues 11:30-12:30 pm Ravenna-Eckstein  
Y. Lasso Thur **NEW** 6:30- 7:30 am Ravenna-Eckstein

### LIFETIME FITNESS \$20-1 day wk

Aerobic fitness designed for seniors; includes standards for measured progress. Taught by certified instructor.

C. Kriofske Tues 9-10 am Mgs/Bldg 406/Viewridge  
C. Kriofske Thur 9-10 am Mgs/Bldg 406/Viewridge

## YOGA & MEDITATION

**\$25-1 day week**

Gentle stretching to keep limber and build muscles. All skill/fitness levels.

H. Smith Tues 8:00 am Laurelhurst  
H. Smith Tues 10:15 am Mgs/Bldg 406/Viewridge  
H. Smith Wed 9:00 am Meadowbrook  
H. Smith Fri 9:30 am Meadowbrook

## GENTLE YOGA

**\$25**

A moderate approach to learning breathing techniques, gaining strength & flexibility; for all fitness levels.



E. Tierney Tues 10:15-11:15 am Ravenna-Eckstein

## TAI CHI ( Wu Style )

**\$25-1 day week**

Fall prevention strategies, improved circulation, slow, gentle, short movements.

J. Proebstel Mon 10:45 am Mgs/Bldg 406/Viewridge  
J. Proebstel Wed 10:00 am Green Lake  
\*J. Proebstel Fri 1:00 pm Mgs/Bldg406/Viewridge

**\*Intermediate/Continuation of 1st class, learn more complex skills.**

## PICKLEBALL

**\$1.00 drop-in fee per session**

A fun, easy to learn sport. New games must begin at least 10 minutes before the time ends, no later. Please pre-register by calling 206-386-9106.

Mon/**Beginning** 11:30-1 pm Ravenna-Eckstein  
\*Tues/**Beginning** 11:00-1 pm Magnuson/Gym  
Thur 10-11:55 am Meadowbrook  
Thur/**Beginning** 12:05-2 pm Meadowbrook  
**\*Tuesday Pickleball begins April 19th**

## LINE DANCING

**\$20/quarter**

Get out on that dance floor and move to the music!

Great for body & soul! No experience partner needed.

J. McGill Wed 8:45 am Ravenna-Eckstein  
J. McGill Fri 9:30 am Mgs/Bldg 406/Viewridge

## GREEN LAKE WALKING CLUB

**Wed 10:00 am May 11-Jun 15 \$5.00/6 wks**

Seattle Parks & Recreation / Swedish Medical Center bring you a walk program for all fitness levels. Meet at Green Lake Community Center

Stretch as a group, then walk around

Green Lake. Set a walk goal; no-host lunch on last day.



## ARTS

### WATERCOLOR

**\$60/quarter**

Calling all artists – past, present & future! Join our informal, fun group. Bring paint supplies.

E. Smith Thur 12:00-2:00 pm Ravenna-Eckstein

## SUMMER PLANNING MEETINGS

Your input is desired to provide the best possible programming. Bring your ideas for trips, walks, classes, workshops & special events. Refreshments served.

**Please pre-register at 206-386-9106.**

Mar 29 (Tues)	10:00-11:00 am	Ravenna-Eckstein
Mar 29 (Tues)	11:30-12:30 pm	Meadowbrook
Mar 30 (Wed)	11:00-12:00 pm	Magnuson

## MEADOWBROOK BOOK CLUB

Meet once a month to discuss a book provided by the Seattle Public Library. **Pre-register: 206-386-9106.**

Thurs 11:00 – 12:00 pm **Free**

Apr 21..... *"Power of One"* by Bryce Courtenay

May 19..... *"Out of Africa"* by Isak Dinesen

Jun 16..... *"Dancing at the Rascal Fair"* by Ivan Doig

## WORKSHOPS

***Pre-register at least one week ahead by calling 206-386-9106.*** Refreshments served.

**Thinking of Changing Your Address: Free**

Wed 10:30 – 11:30 am Magnuson CC/Windermere

**#1 Managing A Late-Life Move Apr 13**

Stress-Free Selling For Seniors. Mary Anderson of Windermere Eastlake offers proven strategies for a smooth and successful transaction.

**#2 Embrace Your Smaller Space Apr 20**

Learn how to walk through the stages of downsizing with greater ease and less stress! Elisa Adams of How 2 Get Organized.

**#3 Make Decisions Before an Injury or a Stroke Apr 27**

Be pro-active in making your plans for retirement. Learn what information you will need to make decisions *when you want to* not when you have to. Ann Bjorgo, with Northwest Senior Resources.

**CREATING A HOME GYM Free**

Informative presentation by a Swedish Medical Center Physical Therapist.

May 25 (Wed) 10:00-11:00 am Green Lake

**ESTATE PLANNING Free**

Estate Planning Specialist Edwin Rivera will provide information about trusts, alternatives to probate, options for reducing Estate Taxes. Bring your questions!

Jun 2 (Thur) 11:00-12 pm Ravenna-Eckstein

## MEADOWBROOK COOKING

Join Rosangela to create new, exciting dishes, receive recipes and have lunch. ***Each class fee is \$10.00.***

Please pre-register at 386-9106.

Hurry--space is limited!

Wednesdays 10:30-12:30 pm

at Meadowbrook Community Center.



**Brunch**

**Apr 6**

Let's prepare an elegant gourmet, super-quick brunch.

**Salads**

**Apr 20**

Salad as a complete meal; delicious, nutritious and easy.

**Quick Breads**

**Apr 27**

A lot of your quick breads are high fat. Learn how to be smart. Have company coming? Whip up these treats.

**Cinco de Mayo Party**

**May 4**

Let's celebrate 5 de Mayo together. Mexican food to die for!

**Salsas Deliciosas**

**May 11**

Savory or sweet; great potluck and appetizer options.

**Easy One-Dish Vegetarian Meals**

**May 18**

Don't be a slave to your kitchen--eat balanced, delicious meals that won't keep you from spring fun.

**Spring Soups**

**May 25**

We'll create appetizing soups using fresh spring ingredients.

**Cajun and Creole Cooking**

**Jun 1**

Don't worry; it won't be spicy—just delicious!

**Sharing & Cooking Your Favorite Recipe**

**Jun 8**

Send your favorite recipe to Jayla no later than May 18<sup>th</sup>. We'll prepare & dine on your favorite dish or beverage.

## GAMES

**CHESS CLUB**

**Free**

Join enthusiasts for a drop-in game of strategy and skill.

Fridays 1:00-5:00 pm Green Lake

**INTERMEDIATE BRIDGE**

**Dates/Fee/TBA**

Learn to play contract bridge for FUN. Register by mail only to Laurelhurst CC. Questions: call 206-684-7529.

G. Weaver Thurs 1:00-2:00 pm Laurelhurst

**OPEN BRIDGE GROUP**

**Free**

Join us for drop-in party bridge. Questions: 684-8832.

Thurs 9:45-12 pm Mgs/Bldg406/HawthorneHills

**DROP-IN CARDS**

**Free**

Play a variety of games for fun!

Fridays 10:45-12 pm Mgs/Bldg 406/Hawthorn Hills

## SPECIAL EVENTS

### EARTH DAY PARTY AT CARKEEK **FREE**

Celebrate Earth Day! Join in a fun work party, delicious lunch and a contest to win world famous ZOO DOO & other super prizes. **Pre-register before April 11th** so we have enough food, by calling 233-7138.

**Pick ups:** Lower Woodland 9:40 / Green Lake 9:45 /  
Ravenna-Eckstein 10:00 / Meadowbrook 10:15  
Apr 22 (Fri) 10:30-2:00 pm Bitter Lake

### HEE HAW HOEDOWN **\$7.00**

Join in a heel-stomping, knee-slapping good time. You don't need a partner. Wear your best western duds and grub down on great BBQ. Pre-register for van/ event ride at 386-9106. Pay early so we have enough chicken.

**Morning Pick-ups:** Hiawatha 9:45/ Jefferson 10:00 /  
Magnuson 9:30/Ravenna-Eckstein 9:45/Ballard 10:15.  
May 31 (Tue) 10:30-1:30pm Bitter Lake

### JAYLA'S & STACIE'S **\$5.50**

#### FABULOUS SPRING PARTY

Celebrate spring! Enjoy fabulous fried chicken & Jo Bell's famous baked beans. Take in Seattle's Tilth Gardens in bloom. Register at 386-9106 & pay early so we have enough chicken. Meet at Meridian Park.

Jun 10 (Fri) 11-1pm 4649 Sunnyside Ave N

## NORTH EAST FIELD TRIPS

### TRIP REGISTRATION INFORMATION

**\*MAKE CHECKS PAYABLE TO: S A A C**

**\*MAIL CHECKS TO:** Senior Programs, Att: Jayla,  
8061 Densmore Ave. N., Seattle - 98103

**Trip Registration:** Register by calling 386-9106 at 8:00 am on the date listed under each trip. You may sign up yourself and one other person. Trip dates, times and destinations subject to change. When you call, leave name, phone, trip name & pick-up site. You'll **ONLY** be called back if on the Wait List. **\*Payment must be received 5 working days prior to trip.**

#### PICK-UP SITES:

Magnuson CC **New!**.....7110 – 62<sup>nd</sup> Ave NE  
Meadowbrook CC .....10517-35th NE  
Ravenna-Eckstein CC .....6535 Ravenna Ave NE  
Green Lake CC.....7201 E Green Lake Dr N  
Lower Woodland .....55th & Green Lake Way N  
(South of Green Lake Golf Pitch & Putt Course)

**South Bound Trips:** Meadowbrook-leave 30 min,  
Ravenna-Eckstein-15 min, Green Lake-5 min, before  
time listed; Lower Woodland at trip time.

**North Bound Trips:** Lower Woodland-leave 30 min,  
Green Lake-25 min, Ravenna-Eckstein-15 min before  
time listed; Meadowbrook at trip time.

**Magnuson CC.....Call for pick-up times.**

### NORTHWEST TREK

**\$10.00**

A treasure for wildlife enthusiasts! This 615-acre park in Eatonville has a little of everything: plenty of animals lake trails, meadows. Includes tram ride through free-roaming area for up-close views of bison, bighorn sheep, elk, caribou and more. Bring sack lunch or visit Fir Bough Café (on your own). \$8 admission due trip day.

Apr 11 (Mon) (**S-Bound**) 8:00-3:30 pm **Reg: Mar 17**

### "DAMN YANKEES"

**\$4.50**

Blanchet High School drama department's outstanding presentation at the Moore Theater. First performed on Broadway in 1955, this wonderful old-fashioned baseball musical appeals to everyone. Includes wonderful songs like "You Gotta Have Heart" & "Whatever Lola Wants Lola Gets" you'll leave the theater humming! \$5 admission and lunch on your own with free time at Pike Place Market following lunch.

Apr 15 (Fri) (**S-Bound**) 9:00-3:00 pm **Reg: Mar 18**

### A SPRING STROLL

**\$5.50**

Walk Des Moines Creek Park Trail, a lovely easy, paved walk, with a slight incline. Bring a sack lunch for an outdoor picnic; then delight in the spring blooms at the Highline Sea Tac Botanical Gardens.

May 23 (Mon) (**S-Bound**) 9:30-3:00 pm **Reg: Apr 21**

### HIGH TEA & TREATS DAHLING!

**\$4.50**

SSCC Culinary Arts offers a delectable selection of premium teas, scones, tea sandwiches, soups and a delightful assortment of tarts and pastries. \$13.95 plus gratuity on trip day. Stop in at the Pastry Shop on campus for treats-to-go (on your own); then we'll walk through the Chinese Gardens to view Spring In Bloom.

Jun 3 (Fri) (**S-Bound**) 10:00-2:00 pm **Reg: Mar 24**

### "PETER PAN"

**\$13.00**

The Mountaineers Players perform at the beautiful outdoor Kitsap Forest Theater in Bremerton, with bleachers carved into the surrounding hill or on the ground. Bring a cushion or rent one; trail to theater is steep quarter-mile walk, assistance available (ask when registering). Bring a sack lunch; snacks for purchase. \$5.00 admission on trip day; ferry fees included.

Jun 4 (Sat) (**S-Bound**) 10:45-7:00 pm **Reg: Mar 25**

### WILL THE DOME BLOW????

**\$43.00**

On May 18, 1980, Mount St. Helen's awoke from 123 years of sleep. The year is 2005 and the dome is building again. Visit the Visitor Center, then Coldwater Ridge where you can picnic w/your sack lunch or their cafeteria, and then continue up to Johnston Ridge (tentative). We will be taking a chartered bus. Park tour not included \$4.50. **Register by calling 206-233-7138.**

Jun 15 (Wed) (**S-Bound**) 7:30-7:00pm **Reg: May 24**

**SEE CITYWIDE EVENTS PAGE FOR MORE**

# North West

## REGISTRATION INFORMATION

### CLASSES / SPECIAL EVENTS

206-233-7138

Stacie Sheridan - Recreation Specialist

e-mail: [Stacie.Sheridan@seattle.gov](mailto:Stacie.Sheridan@seattle.gov)

**Spring Quarter Dates:** April 4 – June 17

**No Programs:** May 30th

**Make-Ups:** We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor you're making up the class.

**Class Registration begins March 21st.** Please use the **Registration Form** in this brochure. Class dates/times/instructors are subject to change. Events with phone in only registrations are marked accordingly.

*Please do not wear any fragrances as a courtesy to those who have chemical sensitivities*

**Mail class payments to:** Sr. Adult Programs,  
**ATT: Stacie,** 8061 Densmore Ave. N, Seattle, WA 98103. **Make checks payable to 'SAAC'**

#### N.W. DIVISION SITES:

Ballard CC ..... 6020-28th Ave NW  
Bitter Lake CC ..... 13035 Linden Ave N  
Loyal Heights CC ..... 2101 NW 77th St.

See front of brochure for Exercise Reimbursement Notice

## TOTAL HEALTH

### SENIOR AEROBICS \$20–1 day/week

Join a friendly, low impact aerobics class. Body strengthening and stretching taught by certified instructor.

S. Sheridan	Mon	9:00-10:00 am	Ballard
S. Sheridan	Thurs	9:00-10:00 am	Bitter Lake

### SR. BODY CONDITIONING \$25.00

This class is perfect for all fitness levels. Gain strength and greater flexibility. Look and feel better. Use dynabands/free weights/balls for strength conditioning.

L. Allen	Tues	10:45 -11:45am	Bitter Lake
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### ARTHRITIS EXERCISE (PACE) \$25.00

PACE = People With Arthritis Can Exercise, class includes range of motion, strengthening and much more.

L. Allen	Tues	9:00-10:00 am	Ballard
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### CIRCUIT TRAINING \$25.00

Gain muscle strength and increase your endurance, all at the same time. Great for overall conditioning & fitness!

L. Philbrick	Tues	9:00-10:00 am	Loyal Heights
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### BETTER BALANCE \*New Class\* \$25.00

Work on body awareness, leg strength and core stability to improve balance and confidence.

L. Philbrick	Tues	10:15-11:15 am	Loyal Heights
L. Quandt	Thurs	11:00-12:00 pm	Loyal Heights

### WALK & TONE \$20.00

This class includes walking, stretching, strengthening to great music. A lot of fun while improving your health.

S. Sheridan	Fri	9:00 -10:00 am	Ballard
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### YOGA & MEDITATION \$25–1 day week

Rejuvenate your spirits with yoga! Practice positions to build strength/flexibility while deepening relaxation to improve daily life and the ability to grow and change.

S. Denison	Mon	10:15-11:15 am	Loyal Heights
P. Federovich	Thurs	10:15-11:15 am	Bitter Lake

### LINE DANCING \$20.00

Move to the music! NO experience or partner needed. Great for the body and soul.

J. McGill	Tues	9:00 -10:00 am	Ballard
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### DROP-IN PICKLEBALL Free

Continue to exercise and improve your skills by teaming up with other players – fun and challenging!

Monday	1:15-2:15 pm	Loyal Heights
Tuesdays	10:30-12:30 pm	Bitter Lake
Tuesdays	11:00-2:00 pm	Ballard
Fridays	12:30-2:30 pm	Bitter Lake

### BALLROOM DANCING \$2.50

Step out with the Pep Tones during a weekly senior dance. Enjoy good friends, food, and weekly theme.

Thursdays	1:00-3:00 pm	Bitter Lake
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## Volunteer Opportunity

Simple, 1 hour, non-strenuous work/socialize. Bring a sack lunch, we provide drinks & treat. To register call 233-7138, on March 29<sup>th</sup> at 8:00 am. Name which parks you'll be assisting with. Van Pick-Up: Ballard

Apr 22	Earth Day	10:00-2:30pm	Carkeek Park
May 3	Tues	10:15-2:00pm	Atlantic St Nursery
June 7	Tues	10:15-2:00pm	Atlantic St Nursery

## Movie Madness & Lunch Clubs

### MOVIE MADNESS \$5.00 Each

Enjoy stories with many twists and turns! Followed with a delicious lunch. Pre-register by mail.

Mondays	10:15-1:00pm	Ballard
April 25	.....	Vanity Fair
May 23	.....	Ray
June 13	.....	Shall We Dance?

### LUNCH CLUB \$3.00 each trip Pd in Advance

Explore the hottest local foods with fun people. Register March 21st, 8am to reserve your seat, 233-7138. Limited capacity. There is automatic 17-20% gratuity on your table's tab. **Meet at Ballard CC at 11:00 am.**

April 12 ( \$\$ - Seafood )	.....	FairStart
May 24 ( \$\$ - Southern )	.....	Anduluca
June 14 ( \$\$ )	.....	McCormick & Schmick's

## Card, Games & Books

**Register for Cards/Games before the quarter starts**

### INTERMED. BRIDGE INSTRUCTION \$32.50

Indepth lecture on strategy. Optional playing time after.

ACBL Accredited Instructor George Weaver.

Mondays	10:30-12:30 pm	Bitter Lake
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### OPEN BRIDGE Free

Have a great time! Party bridge managed by Marsha 362-5571. Bring a friend or call and reserve a seat.

Thursdays	10:30-12:30 pm	Bitter Lake
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### OPEN DROP-IN GAME Free

Learn some new games and play your old favorites.

Tuesdays	10:00-12:00 pm	Ballard
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### BALLARD BOOK CLUB

Meet the last Friday of the month at the Ballard Library, 5711 - 24th Ave NW at 10:30a.m. All are welcome.

Apr 29	.....	<u>Ahab's Wife</u> Sena Jeter Naslund
May 27	.....	<u>Green Grass, Running Water</u> by Thomas King
June 24	.....	<u>House of the Spirits</u> by Isabel Allende

## Spring Planning Meeting

Your input is desired to provide the best activities possible for your enjoyment. Please bring ideas, news-paper clippings, suggestions for classes, workshops, trips, and general program offerings.

April 11	Walking	10:15-10:45 am	Ballard
April 11	Trips	10:45-11:45 am	Ballard

## Speakers / Special Events

### EARTH DAY PARTY AT CARKEEK FREE

A fun work party, great lunch and contest to win world famous ZOO DOO & other prizes. **Pre-register before**

**April 11th** so we have enough food, 233-7138. **Pick ups:**

Ballard	10am/ Loyal Heights	10:10 / Bitter Lake	10:20
Apr 22 (Fri)		10:30-2:00pm	

### HEE HAW HOEDOWN

\$7.00

Join in a heel stomping, knee slapping good time. You don't need a partner...Wear your best western duds and grub down on great BBQ. Register at 233-7138 & pay early so we have enough chicken.

May 10 (Tue)	10:30-1:30pm	Bitter Lake
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### JAYLA'S & STACIE'S

\$5.50

### FABULOUS SPRING PARTY

Celebrate spring! Enjoy fabulous fried chicken & Jo Bell's famous baked beans. Register at 386-9106 & pay early so we have enough chicken.

June 10 (Fri)	11:00-1:00pm	Meridian Park
(Good Shepard Home: 4649 Sunnyside Ave N)		

## Cooking



Join Rosangela to create exciting dishes, receive recipes and have lunch. Each class is \$10.00. Pre-register by calling 233-7138.

Tuesdays	10:30-12:30 pm	Bitter Lake
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### Indian cooking

April 5

Great Indian flavors without the heat!

### Brazilian

April 26

Rosangela shares secrets from her homeland!

### Spanish cooking

May 3rd

Spanish cooking is rich and varied, much like the country itself.

### Greek

May17

Very flavorful and easy recipes

### Irish cooking

May 31

Soda bread and more much more

### Traditional Native American Recipes

June7

Good and down to earth cuisine

## The Creative Side

### A DAY OF HERBS (see Trip page ) \$10.50

Tour a wonderful Demonstration Garden with Master Gardener Steffany Neuschaefer then off to Ballard for a Herbal luncheon that will melt in your mouth. Complete the day with a relaxing herbal facial. Lunch included.

April 13 (S Bound)	10:00-3:30pm	Reg. March 23
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### YOUR PERSONAL HERB GARDEN

\$6.00

Design your personal herb garden with Herbalist, Steffany Neuschaefer and find the right herbs for you. We will discuss different herbs for theme gardening, specific uses, location, size, style, soil preparation and composting. Bring a container to create an herb garden to take home and enjoy.

May 8 (Tues)	12-1:30pm	Bitter Lake
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## Nature Walks & Hikes

Enjoy forests, streams, and more. To register, call March 29, 8am at 233-7138. *Walk at your own pace for up to 1 hour & 15 minutes.* Wear all terrain shoes.

**Please name the walks you'll attend.** Rain or shine!

Bring a sack lunch except 4/13. Each walk is \$5.50 and trip time is 10:15–3:00 pm. Van Pick-Up: Ballard CC April 13 (easy/level) ..... **Priest Point Trail**  
May 11 (easy/level)..... **Ruston Way Waterfront Trail**  
June 16 (easy/ could be muddy)..... **Bridle Crest Trail**

### TRIP REGISTRATION INFORMATION

**\*ALL CHECKS SHOULD BE MAILED TO: SAAC**

Senior Programs, Att: Stacie, 8061 Densmore Ave. N., Seattle, WA. 98103

**Trip Registration:** Register by calling 233-7138 at 8:00 am on the *date* listed under each trip. You may sign up yourself and one other person. Trip dates, times and destinations are subject to change. When you call, leave your name, phone number, name of trip & pick-up site. You'll be called back **ONLY** if on the Wait List 24 hours after registration.

**\*Payment must be received 5 working days prior to trip or be subject to cancellation.**

#### PICK-UP SITES:

**Ballard CC** ..... 6020-28th NW

**Bitter Lake CC** ..... 13035 Linden Ave. N  
(Please park your car on the road)

**Loyal Heights** ..... 2101 NW 77th

**South Bound Trips:** Bitter Lake- leave 30 minutes, Loyal Heights 15 min before listed, Ballard as listed.

**North Bound Trips:** Ballard leave 30 minutes early, Loyal Heights 15 minutes early. Bitter Lake time listed.

**Vans will only wait for 5 minutes for late people.**

**Registrations Begin at 8am. Please don't call before or registration will not count.**

**Please do not wear any fragrances as a courtesy to those who have chemical sensitivities.**

### WHAT'S NEW IN SEATTLE? \$4.50

Tour the rebuilt Urban Horticulture Library and the Japanese Garden and see spring in blossom. \$3.50 tour & lunch on own

Apr 6 (*S Bound*) 10:00-3:30pm **Reg. March 22**

### A DAY OF HERBS \$9.50

We are so fortunate to have Master Gardener Steffany Neuschaefer taking us on a stroll through the herb gardens beauty and heal us. The herb walk will be followed by a scrumptious herbal luncheon that will melt in your mouth. Complete the day with a relaxing 5 step herbal facial to sooth and nourish your skin. Relax, refresh, revive... Lunch included.

April 13 (*S Bound*) 10:00-3:30pm **Reg. March 23**

### OLYMPIA'S TREASURE \$7.50

After 3 years of closure for earthquake repairs, tour the Capitol to take in the history, government and architecture. Lunch & free time on your own in down town. Lots of walking, standing, and stair climbing.

Apr 20 (*S bound*) 8:30-4:30pm **Reg: April 5**

### REP THEATER: 'Constant Wife' \$16.00

Constance Middleton is witty, intelligent and her husband, is having an affair with her best friend. What should she do? You need to see it to find out. Lunch on your own. 2:00 pm show.

Apr 27 (*S Bound*) 11:45-5:00 pm **Reg: May 12**

### CAMANO ISLAND STUDIO TOUR \$7.50

Visit 26 studios, 3 art galleries, and numerous private gardens. You'll get the chance to meet and talk local artists! Lunch on your own in Stanwood.

May 6 (Fri) (*N bound*) 9:00–4:30 pm **Reg: April 19**

### COUGAR MOUNTAIN ZOO \$6.50

A guided tour at this unique zoo that specializes in threatened and endangered species. \$7.50 tour and lunch at Gillman Village on your own.

May 25 (*S bound*) 9:00-3:30 **Reg. May 3**

### VIKING FEST 2005 \$13.00

The Poulsbo's Viking Fest commemorates the adoption by Norway's parliament of its own constitution on May 17, 1814. Join the fun with traditional food and music. Ferry fee included. Lunch on your own.

May 20 (Fri) (*S bound*) 8:45-4:30 pm **Reg: May 3**

### WHERE THE WILD THINGS ARE \$10.00

Tour Wolf Haven, a sanctuary for these special animals. Mima Mounds is an unsolved mystery of the Northwest. \$8 tour and lunch on your own at Lucky Eagle Casino.

May 25 (*S bound*) 8:00-4:30 pm **Reg: May 10**

### ANTIQUE ROSES & FLOWER WORLD \$7.00

If you're a rose fan, this trip is for you. Travel to a farm that has roses dating back into the 18<sup>th</sup> century! Then travel to the affordable Flower World. Lunch in Snohomish on your own.

June 1 (*N bound*) 9:00-4:00pm **Reg. May 24**

### WILL THE DOME BLOW ??? \$43.00

Mount St. Helens awoke from 123 years of sleep in May 1980. The year is 2005 and the dome is building again. See the Visitor Center, then Coldwater Ridge where you can picnic w/your sack lunch or their cafeteria. We'll continue up to Johnston Ridge (tentative). We will be taking a chartered bus. Park tour not included \$4.50

June 15 (*S Bound*) 8:00am – 7:00pm **Reg: May 24**

**All Trips are on a Wednesday unless otherwise noted**

# MAIL - IN REGISTRATION

You are welcome to use the following form to pre-register for any CLASS / WORKSHOP (**NOT Trips**) offered by the Senior Adult Programs Section throughout the City of Seattle.

ALL registrations must be accompanied by payment in the form of check or money order (**NO CASH PLEASE**). If you have any questions on filling out this form, please call the Recreation Specialist listed under the Division in which you are interested in this brochure.

**NOTE:** Do not use the Mail-In Registration form for trip registrations. You must phone in for trip registrations (see "trips" listed under the different sites in the program brochure).

**PAYMENT:** Make check or money order payable to: Senior Adult Advisory Council (SAAC)

**MAIL TO:** Mail according to the directions in the program under "Class Registration" listed in each Division.

## FRAGRANCE FREE COURTESY

During Senior Adult Programs / Trips, please refrain from the use of any Men's or Women's fragrant personal care products as a courtesy to those who experience chemical sensitivities.

Thank You.

## Mail - In Registration

Class Title	Day	Time	Fee	Class Location

Name: \_\_\_\_\_

Telephone: (     ) \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_

Zip: \_\_\_\_\_

Total Fee Enclosed: \$ \_\_\_\_\_



We're looking for Volunteer Drivers who enjoy people and travel. All costs for lunches, admissions, etc., are paid for. Call 684-4951